

# School of Prayer

21 Prayer Practices for Communion and Intercession


**DID YOU KNOW?**

# **YOU CAN CONNECT TO GOD IN PRAYER**

**How many sermons have you heard  
saying you should pray, but not showing  
you how?**

**SCHOOL OF PRAYER INCLUDES 21  
SKILLS THAT WILL DEVELOP YOUR  
COMMUNION WITH THE FATHER AND  
HELP YOU PARTNER WITH THE HOLY  
SPIRIT IN POWERFUL INTERCESSION.**

**Put together by Belkis Lehmann**



**“Lord, teach us to  
pray, just as John  
taught his  
disciples.”**

He said to them, “When you pray, say:  
“‘Father, hallowed be your name, your  
kingdom come. Give us each day our  
daily bread. Forgive us our sins, for we  
also forgive everyone who sins against  
us. And lead us not into temptation.’”




# How to use this book.

Like a good teacher, Jesus taught his disciples how to pray. Today, we spend much time telling disciples they **should** pray and very little teaching them **how** to do so.

In this booklet you will find six sections, each corresponding to one element of Jesus prayer model. Each section list and explains three skills.

**Most, if not all, of the skills listed can be practiced in any element.** They are ordered here to help get you started. As you progress forward, try using different skills with different elements.

**The only way to learn to pray is by praying.** As you purpose to practice these skills. you will grow in both communion and intercession.



# / Father

THROUGH JESUS WE  
HAVE BEEN ADOPTED  
INTO GOD'S FAMILY

Recognize your position in prayer. Come to your Father in humility AND confidence

1/ **Bow down:** kneel down as a sign of your submission and worship. "You are my Father in heaven, I bow before you."

2/ **Confession:** to declare truth "God you are my Father."

3/ **Meditation:** to think on something repeatedly "You are the one who cares for me, provides, loves, protects, etc., etc., etc. You are Father. You are the one....."





# / Hallowed be your name

SET HIS NAME  
APART AS HOLY

Exalt his name over your **EVERYTHING**. This builds faith and set the stage for prayer.

4/ **Praise**: expressions that magnify God "Father you are holy, good, kind, Sovereign, amazing...."

5/ **Silence**: not talking " "

6/ **Singing**: musical expressions of praise and worship



# / Your kingdom come

INVITING HIS RULE



Stand in the gap between our Father's kingdom and a rebellious world who doesn't know God's rule is what they need.

7/ **Proclaim:** to announce or declare "The earth is the Lord's and the people who dwell in it."

8/ **Watching:** to be spiritually alert "Show me what is going on so I know how to pray."

9/ **Praying in the Spirit** "I will pray in the Spirit and with my understanding."



# / Give us each day our daily bread

## ASK FOR WHAT YOU NEED

Ask specifically and in faith for each thing you need today physically, emotionally, financially, spiritually, relationally... Don't be shy. He cares for you.

12/ **Recount:** remind yourself of God's provision in the past

11/ **Petition:** a request, be specific "Father, I ask you for...."

12/ **Thanksgiving:** to express gratitude, even before you receive "Father, thank you for....."



# / Forgive us our sins,

## ASK FORGIVENESS



**Our sins separate us from God. Still they are not his focus. Notice how far in prayer this call appears.**

13/ **Lament:** expression of grief or sorrow. Allow yourself to feel the weight of your sin and broken fellowship.

14/ **Repent:** remorse for sin and commitment to change.  
"Father forgive me for \_\_\_\_\_, I commit, with your help to not do so again.

15/ **Scripture Prayer:** pray through a passage of Scripture. Psalm 51 works well here. Read one verse then pray. Repeat till you've prayed through the whole psalm.

# / for we also forgive everyone who sins against us

## EXTEND FORGIVENESS



The forgiven forgive. It's not easy. Forgiveness is only needed when wrong has happened. Cancel others debts against you.

16/ Listening: taking time to hear "Father, show me if there is someone I need to forgive."

17/ Forgive: making a decision of the will "Father, I choose to forgive \_\_\_\_\_, not because they deserve it, but because you forgave me. They no longer owe me anything. I leave them in your hands."

18/ Blessing: praying goodness for others "Father, I bless \_\_\_\_\_ with every good thing you want to do in their life."



# / And lead us not into temptation

## WALK IN THE FATHER'S PROTECTION

Your prayer time is not over. Prayer is practice for life. As you end this time, remind yourself you dwell with the Father, through the Son, by the Spirit.

19/ **Shouting:** to declare truth LOUDLY "Father, I walk forth from this time of prayer under your protection. I confess my dependence on you. Sin is real, but so is your Spirit and you have given me your presence to help me in ALL things. You help me say no to sin, flesh, and the devil. None of these things reign over me.

20/ **Fear:** standing in awe of God/ fearing only him "Father, you only do I fear. I bring everything in submission to your glory."

21/ **Faith:** trust, confidence, evidence of what you hope for. "Father, as I end this time of prayer, I do not leave your presence. I am confident that you are with me.

**And if we know  
that he hears us—  
whatever we ask—  
we know that we  
have what we  
asked of him.**

**I John 5:15**

